

NEW WEEKLY MENU 1/15– 1/21 (Ship Date: 1/20)

Breakfast

-Buttermilk Protein Waffles with PB&J: Protein:22g Carbs:40g Fat:8g Calories:320

Ingredients: Protein Pancake Mix and Almond Milk, Peanut Butter (side) Jelly (side)

-Ham & Cheese Breakfast Omelet (GF): Protein:28g Carbs:4g Fat:18g Calories:290

Ingredients: Egg whites, Egg, Ham, Cheddar Cheese, Mozzarella Cheese, Spices

-Crustless Quiche (GF): Protein:28g Carbs:4g Fat:19g Calories:299

Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan Cheese, Mozzarella Cheese, Green Onions, Ham and Spices

-Turkey Sausage Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, Tortilla Wrap and Spices

- Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Calories: 278

Ingredients: Oats, Chocolate Whey Protein, Sugar Free Chocolate Chips (Just Add Water or Milk & Heat)

- Protein Oat Bowl: Vanilla Cinnamon: Protein: 31g Carbs: 36g Fat: 10g Calories: 278

Ingredients: Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips (Just Add Water or Milk & Heat)

- Protein Oat Bowl: Trail Mix: Protein: 34g Carbs: 40g Fat: 15g Calories: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

-Lasagna Bowl Ingredients: Ground Beef, Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce and Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Calories: 490

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce and Spices

-Egg Roll In A Bowl (DF) Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Calories: 388

size: **Low Carb/Keto Friendly(DF)** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce

-Teriyaki Chicken Bowl (DF) Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

size: **Weight Loss** Protein 26g Carbs 32g Fats 5g Cal 277

size: **Muscle Gain** Protein 40g Carbs 44g Fats 8g Cal 408

size: **Low Carb/Keto Friendly(DF)** Protein 31g Carbs 15g Fats 7g Cal 247

Ingredients: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

-Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese and Spices

size: **Weight Loss** Protein:28g Carbs:28g Fat:10g Calories:314

size: **Muscle Gain** Protein:45g Carbs:40g Fat:14g Calories:466

size: **Low Carb/Keto Friendly:(GF)** Protein:38g Carbs:10g Fat:20g Calories:372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese and Spices

-Sweet Chili Chicken Bowl (DF)(GF): Ingredients: Grilled Chicken, seasoned basmati rice, squash, bell peppers, sweet chili sauce

Size: **Weight Loss** Protein 25g Carbs 35g Fats 6g Cal 294

Size: **Muscle Gain** Protein 40g Carbs 43g Fats 8g Cal 404

Size: **Low Carb (GF)** Protein 34g Carbs 15g Fats 18g Cal 318

Ingredients: Grilled Chicken, squash, bell peppers, mozzarella cheese, sweet chili sauce

-BBQ Turkey Bowl (DF)(GF): Ingredients: Ground Turkey, Sweet Potato, Green Beans, BBQ Sauce and Spices

Size: **Weight Loss** Protein: 25g Carbs: 31g Fats: 7g Cal: 293

Size: **Muscle Gain** Protein: 40g Carbs: 48g Fats: 12g Cal: 464

Size: **Low Carb** Protein (GF): Protein: 38g Carbs: 12g Fats: 18g Cal: 354

Ingredients: Ground Turkey, Green Beans, BBQ Sauce, Cheddar Cheese and Spices

-Turkey Burger with Mac & Cheese : Ingredients: Ground Turkey, Pasta, Cheese Sauce, Onions, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup)

size: **Muscle Gain:** Protein: 40g Carbs: 52g Fat: 14g Calories: 494

-Hibachi Grilled Skillet (DF): Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onion, Teriyaki Soy Sauce, Spices

Size: **Muscle Gain** Protein:37g Carbs: 39g Fats: 10g Calories: 434

-Philly Cheese Protein Pocket : (Macros Per Pocket) Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, and seasonings

Protein: 23g Carbs:49 Fats: 13g Calories: 405

Lean-N-Green

-Shrimp & Broccoli LNG'(GF/DF): Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

Size: Lean & Green Protein:30g Carbs: 17g Fats: 8g Calories: 260

-BBQ Shredded Beef Skillet LNG'(GF/DF): Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices

Size: Lean & Green Protein: 42g Carbs: 14g Fats: 16g Calories: 368

-Honey BBQ Glazed Salmon with Sauteed Green Beans LNG'(GF/DF): Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey and Spices

Size: Lean & Green Protein: 36g Carbs: 12g Fats: 8g Cal: 264

-Jamaican Jerk Salmon LNG'(GF/DF): Ingredients: Wild Caught Salmon, Sauteed Cabbage and Carrots, Spices, Jamaican Jerk Sauce on Side

Size: Lean & Green Protein: 36g Carbs: 12g Fats: 12g Calories: 300

Wraps

-Italian Beef Wrap : Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Ground beef, Tortilla Wrap, Mozzarella Cheese, Parmesan Cheese, Marinara Sauce and Spices

-Chicken Bacon Ranch Wrap Protein 46g Carbs 50g Fats 20g Cal 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning and Tortilla

-Sweet Chili Chicken Wrap: Protein 40g Carbs 50g Fats 14g Cal 486

Ingredients: grilled chicken breast, tortilla, mozzarella cheese, bell peppers, sweet chili sauce,spices

-BBQ Turkey Wrap: Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Ground Turkey, Cheddar Cheese, BBQ Sauce and Tortilla Wrap

-Beef Mexi Melt Wrap: Protein: 42g Carbs: 50g Fat: 20g Calories: 548

Ingredients: Ground Beef, Cheddar, Tortilla Wrap. Salsa, Black Beans, Taco Seasoning

Snacks

-Cinna Roll Protein Donut: Protein: 18g Carbs: 34g Fats: 12g Calories:306

Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Cinnamon, Almond Milk and Splenda

- Red Velvet Protein Poppers: Protein 24g Carbs 17g Fats 5g Cal 205

Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips, Cream Cheese Extract

-S'mores Protein Bar: Protein: 24g Carbs: 32g Fat: 11g Calories: 323

Ingredients: Sugar Free Baking Mix, Whey Protein Powder, Eggs, Marshmallows, Graham Cracker Crumble, Sugar Free Flavoring, Coconut oil,

-Low Carb Cherry Cheesecake: Protein: 22g Carbs: 18g Fat: 5g Calories: 205

Ingredients: Greek yogurt, cherries, sugar free cheesecake flavoring, graham cracker

-Salted Caramel Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Peanut Butter, Whey Protein, Sugar Free Caramel, Sugar Free Vanilla Flavoring, Salt

-Butter Pecan Energy Bites: Protein: 15g Carbs: 34g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Pecans, Whey Protein, Chia Seeds, Sugar Free Flavoring

Vegetarian/Vegan Menu Entrée

-Buffalo Cauliflower Bites (DF)(GF): Protein: 9g Carbs: 57g Fats:5g Calories: 309

Ingredients: Cauliflower, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices, Side Cup of Ranch

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Calories: 386

Ingredients: Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Squash, Spinach, Marinara Sauce and Spices

-Tofu Egg Roll in a Bowl(DF): Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce, and Spices

-Sweet Chili Chick Pea (GF)(DF): Protein: 19g Carbs: 65g Fat: 6g Calories: 366

Ingredients: Chick Peas, Basmati Rice, Squash , Bell Peppers, Sweet Chili Sauce, Spices

Long Life Kids Meals

Chicken Taco Melt w/ Sweet Corn: Protein 16g Carbs 32g Fat: 8g Cal 264

Ingredients: Basmati Rice, Shredded Chicken, Sweet Corn, Cheddar, Taco Seasoning (Juice Box, Protein Popper)

Spaghetti Bowl w/ Green Beans: Protein 14g Carbs 36g Fat: 4g Cal 236

Ingredients: Noodles, Ground Turkey, Marinara, Green Beans, Parmesan, Spices (Juice Box, Protein Popper)

Chicken Nuggets & Home Fries Bowl: Protein: 10g Carbs: 32g Fat: 11 Calories: 299

Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas and Seasoning (Juice Box, Protein Popper)

Gourmet Nut Butters

Cinnamon Spice Almond Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180

Ingredients: Almonds, Cinnamon, Spices

Chocolate Almond Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Calories: 190

Ingredients: Almonds, Coconut Oil, Cocoa

Honey Cinnamon Peanut Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180 Ingredients: Peanuts, Honey, Cinnamon

